



MARYSVILLE FAMILY YMCA WINTER POOL SCHEDULE

EFFECTIVE 1/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM-6:30 AM Lap Swim	5:00 AM-6:30 AM Lap Swim	5:00 AM-6:30 AM Lap Swim	5:00 AM-6:30 AM Lap Swim	5:00 AM-6:30 AM Lap Swim	7:00 AM-9:00 AM Lap Swim
6:30 AM-7:15 AM Water Fitness TBD	6:30 AM-7:15 AM Water Fitness TBD	6:30 AM-7:15 AM Water Fitness TBD	6:30 AM-7:15 AM Water Fitness TBD	6:30 AM-7:15 AM Water Fitness Chris	9:00 AM-12:00 PM Swim Lessons \$ Registration
7:30 AM-8:45 AM Lap Swim	7:30 AM-12:00 PM Open Swim	7:30 AM-8:45 AM Lap Swim	7:30 AM-12:00 PM Open Swim	7:30 AM-8:45 AM Lap Swim	12:00 PM-1:00 PM Lap Swim
8:45 AM-9:45 AM SilverSneakers Splash Pam	12:00 PM-1:00 PM Aqua Zumba Shannon	8:45 AM-9:45 AM SilverSneakers Splash Jessica	12:00 PM-1:00 PM Aqua Zumba Shannon	8:45 AM-9:45 AM SilverSneakers Splash Jessica	1:00 PM-5:45 PM Open Swim
9:45 AM-12:00 PM Open Swim	1:00 PM-4:15 PM Open Swim	9:45 AM-12:00 PM Open Swim	1:00 PM-4:15 PM Open Swim	9:45 AM-12:00 PM Open Swim	SUNDAY
12:00 PM- 1:00 PM Water Fitness Elizabeth	4:15 PM-7:05 PM Swim Lessons \$ Registration	12:00 PM- 1:00 PM Water Fitness Elizabeth	4:15 PM-7:05 PM Swim Lessons \$ Registration	12:00 PM- 1:00 PM Water Fitness Elizabeth	
1:00 PM-4:15 PM Open Swim	7:05 PM-9:30 PM Open Swim	1:00 PM-4:15 PM Open Swim	7:05 PM-8:15 PM Open Swim	1:00 PM-9:30 PM Open Swim	10:00 AM-4:30 PM Open Swim
4:15 PM-7:05 PM Swim Lessons \$ Registration		4:15 PM-7:05 PM Swim Lessons \$ Registration	8:15 PM-9:30 PM Kayaks in the Pool \$ Registration		
7:05 PM-9:30 PM Open Swim		7:05 PM-9:30 PM Open Swim			